

MCCOA

Mercer County Council on Aging



Our mission is to help older people live dignified and reasonably independent lives in their own homes for as long as possible.



From the Director's Desk:

Hello Mercer County (and friends of Mercer County,)

I have been told recently that it is time to Live, Live, Live. Please take a moment to listen to "I'm Gonna Live Till I Die" by Frank Sinatra. If you don't have access to it, stop by the center and I will play it for you. There are an endless supply of platitudes or jingles that remind us how precious life is. We all know that tomorrow is not promised for any of us, so I encourage each of you to live your life right now. Do the things that you have been putting off and remember to tell the special people in your life just how much they mean to you. Do you know how much you



mean to us up here at the center? We have approximately 20 staff who come to work on a daily basis just to reach out to you and try their best to make sure you have a bright spot in your day. From taking you to appointments, helping figure out your finances, making sure you have something to eat, or helping keep your home clean to having a place to go and play with other people or making a craft or

Mark your March calendar

- 4 L&L with Sheriff Department
- 4 Craft - Easter Bunny
- 7 Final Garage Sale Donation
- 20 Matter of Balance Class Begins
- 21 Garage Sale
- 22 Garage Sale
- 23 Garage Sale
- 24 Garage Sale
- 25 Garage Sale - Clean Up
- 26 Garage Sale - Load Truck

More information in next month's newsletter.

art project. Each one has their own special gift and each one goes out of their way to shower the seniors in Mercer County with all the joy they can.

February is going to be a quieter month. It is cold out there and the roads can be hazardous so please take extra care when you are out and about. Donations for the garage sale start again on the 6th and we have some activities scheduled. Have you heard about the total solar eclipse taking place on Monday, April 8, 2024? We are not eclipse gurus, but want you to stay safe and make sure you are aware that it is going to be a big deal. There is some information on page 10, but we encourage you to do your own research and if at all possible, stay home that day. There is potential for A LOT OF PEOPLE to be in Mercer County.

Hugs,
Dawn

GARAGE SALE UPDATE



It is time to ramp back up for garage sale. I hope everyone had a nice rest. Just know we sure missed seeing all of you!

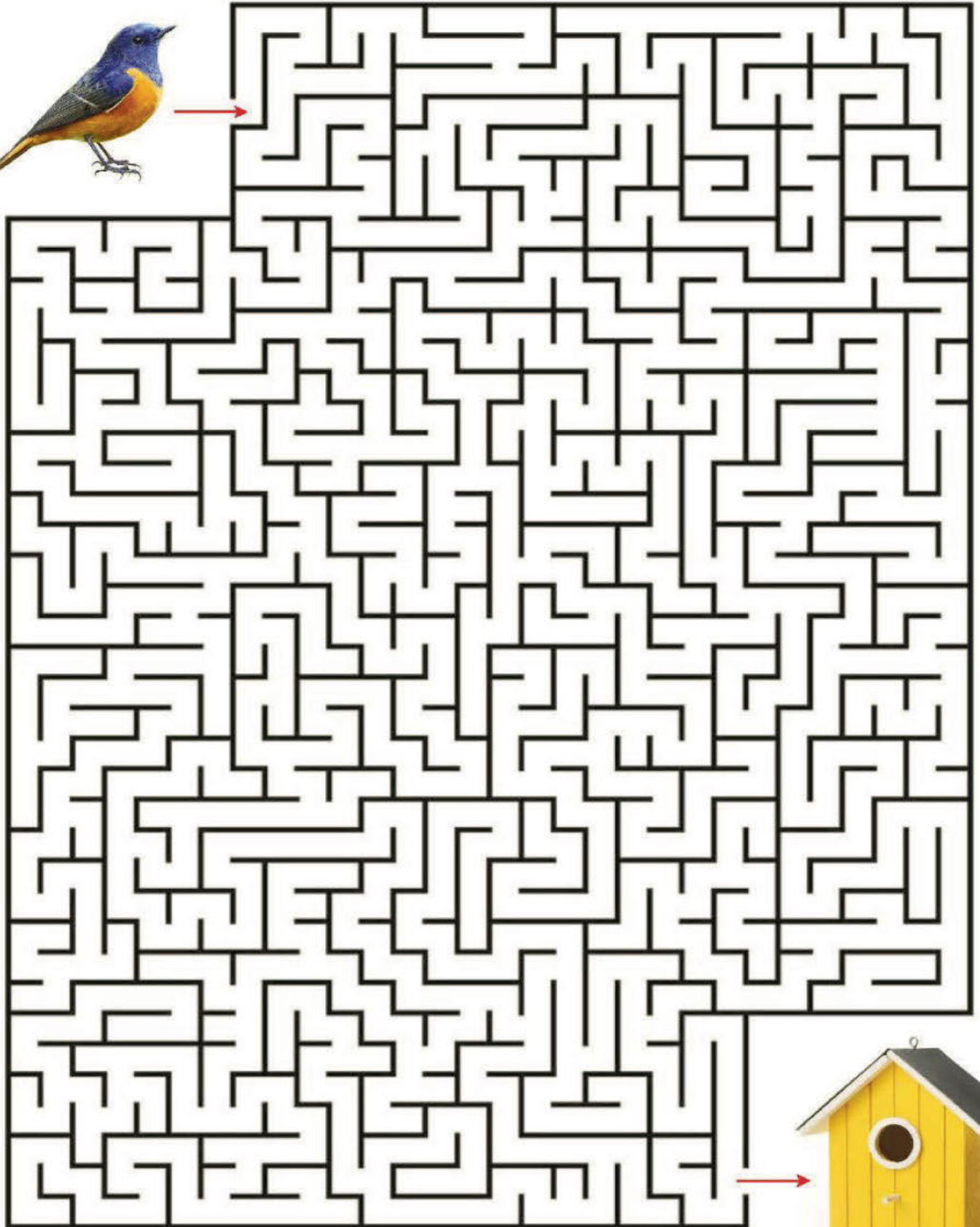
Donations resume on Tuesday, February 6.

We will accept donations on Tuesdays from 12 pm to 4 pm and Thursdays from 8:30 am to 12 pm. We will be open on Saturday, February 24 from 9 am to 1 pm to receive donations. Do you want to help? Just stop in and we will find a place where you can help!

The first sale of 2024 will be here before we know it! (March 21 to March 24)

<p>2024</p> <p>March 21 - March 24 May 16 - May 19 July 18 - July 21 September 19 - September 22 November 20 Early Bird (6-8pm) <small>(Ticket money to benefit Senior Angel Tree Gift Program)</small> November 21 - November 24</p>	<p><u>2024 Donation Schedule</u></p> <p>Feb 6, 8, 13, 15, 20, 22, 24, 27, 29 Mar 5, 7 Apr 9, 11, 16, 18, 20, 23, 30 May 2 Jun 4, 6, 11, 13, 15, 18, 20, 25 Jul 2 Aug 6, 15, 20, 22, 24, 27, 29 Sep 3, 5 Oct 8, 10, 15, 19, 22, 24, 29, 31 Nov 5, 7</p> <p><u>Donation Times</u> Tuesdays 12:00 - 4:00 Thursdays 8:30 - 12:00 Saturdays 9:00 - 1:00</p> <p><i>Thank you.</i></p>
<p>HOURS</p> <p>THU 8:30 - 6:30 FRI 8:30 - 4:00 SAT 8:30 - 4:00 (Everything 1/2 price) SUN 12:00 - 4:00 (\$1 for 2 Bags - All items included)</p>	

A-Mazing Birdhouse



Dates of Interest

To register call 419-586-1644.

Wii BOWLING

Wii Bowling League begins Monday, February 5. Get your team together and sign up. A team consists of 4 players and can have 1 sub listed also. League play will run from Monday, February 5 through Friday, April 5. Each team is required to play 6 separate days and you will bowl two games each day you bowl. Your scores will be recorded and at the end of the league prizes will be awarded to the high scoring team, high scoring person, and one random draw will be awarded! Awards will be handed out on Wednesday, April 10 at 1 pm in Building 3. Stop in and fill out a Wii bowling entry form with team name and members and get started today. We have 4 Wii game consoles available for you to use, each game console has a calendar for you to sign up on to schedule your bowling time. If you would like to bowl and need a team call Tash and let her know. She will do her best to get you on a team!



Craft Class

Join Cindy and Tash on Monday, February 5 at 1 pm to make these cute applesauce cinnamon ornaments. Make them in heart shape for valentines day or whatever shape you would like! They make great car fresheners or hang in your kitchen to add that wonderful scent! Bring your own cookie cutters and rolling pin or use what we have on hand. Cost is only \$3. Registration is required, call 419-586-1644.



Art Class



Art class with Debby Gregory on Monday, February 5 at 2 pm. Learn pen & wash techniques. All supplies will be furnished. Cost is only \$10. Registration required.

COME SPEND THE AFTERNOON WITH
CELINA CIRCLE OF CARE, AS WE SLICE
UP SOME FUN!

PIZZA and Bingo!

FEBRUARY 12 • 12:00 PM

AT MERCER COUNTY COUNCIL ON AGING
CELINA, OH

RSVP BY FEB 8TH TO 419-586-1644
LIMITED NUMBER OF SPOTS AVAILABLE

Bingo and Pizza Sponsored by: *Celina Circle of Care*



THE GARDENS AT CELINA



REGULARLY SCHEDULED ACTIVITIES



Weather Announcement

Please register for all activities so we are able to send out a call informing you if an event is canceled.

Check the calendar on page 7 for exceptions.

Bingo

Wednesdays at 12:30 pm. Reusable cards and chips are 2 for \$1 with additional cards costing 50¢ each. The same cards are used for every game.

Blood Pressure Checks (FREE)

The first Thursday each month from 9 am to 10 am, provided by Heritage Health Care and on the second Wednesday each month at 12:00 pm, provided by Miller Place.

Cards

Bridge on Tuesdays at 12:30 pm; **Euchre** on Thursday and Sunday evenings at 6:30 pm; **Bid Euchre, Pinochle, and Bridge** on Fridays at 12:30 pm. **Texas Hold 'Em** on the second and fourth Thursday at 6:30 pm. Cost \$1.

Chair Yoga

Chair Yoga with Carla Niblick on Mondays at 10:00 am. Cost is \$3 per person.

Coffee Time (FREE)

Thursdays from 8:00 am to 10:00 am. Join us for coffee, juice, donuts and some great chatting time. Stop in for 5 minutes or stay for a while. Everyone is welcome. Donations are appreciated.

Crochet Club (FREE)

Crochet club meets monthly in Bldg 3. See calendar for specific date and time. Everyone is welcome, from the person that has never crocheted before to the most experienced.

Fitness Class

On Tuesdays at 9:30 am join us for a **FREE** Video lead exercise class (picked out by Kathy G.)

The last Tuesday every month at 9:30 am Kathy G will lead a 45 minute fitness class that focuses on muscle strengthening and increasing range of movement for daily life activities. Wear comfortable shoes (like gym shoes) and loose-fitting clothing. The cost is \$3 per person.

Line Dancing (FREE)

Tuesdays at 1:00 pm. Everyone is welcome. Come join the fun, enjoy some music and get some great exercise. If you are new to dancing, we will be glad to show you how.

Lunch

Tuesdays, Wednesdays, and Thursdays 11:30 am at a cost of \$4. Reservations are required by noon one day before. Space is limited.

Pickleball

Tuesdays at the Spiritual Center in Montezuma, 6731 SR 219 from 9:00 am to 11:30 am. Cost is \$3 per person. No experience required.

Toe Nail Trimming

The first Wednesday each month at 1:00 pm in Bldg 3. Cost is \$15. First come, first served. Provided by CHP.



ALZHEIMER'S ASSOCIATION

Alzheimer's Care Consultations

Marybeth Torsel with Alzheimer's Association is available by appointment. Please call 419-419-5858. Care Consultation covers caregiver education, stress management, planning, communication, finances, and safety issues.

Alzheimer's Support Group

Brenda McGee will facilitate on the third Thursday every month at 4:00 pm in Bldg 3.

Alzheimer's Education

Join Yvonne Miller on Thursday, February 1 at 2:30 pm to learn about Dementia Friendly Activities. Participation in suitable activities can help a person with dementia to achieve purpose and pleasure and activities play a significant part in dealing with challenging behaviors. Learn ways to plan and provide appropriate activities with people with dementia.

Upcoming classes include:

- 2/1/24 Dementia Friendly Activities
- 3/7/24 The Different Types of Dementia
- 4/4/24 New Advances in Alzheimer's Treatment



Alzheimer's Association Northwest Ohio Chapter

Join us for a free program!

DEMENTIA FRIENDLY ACTIVITIES

THURSDAY, FEBRUARY 1, 2024

2:30 PM

Mercer County Council on Aging

217 Riley Street, Celina

When a loved one has dementia, finding rewarding activities for them can be challenging - yet it's vitally important. Games, crafts, and outdoor fun can make your loved one feel valued, connected, and engaged.

Yvonne Miller will share creative activities to boost your loved one's mood and help keep their brains active.

Please register by calling
419-586-1644



 **ALZHEIMER'S
ASSOCIATION**

alz.org | 800.272.3900

February 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Italicized and underlined</i> activities are in Building 3. Activities marked with an * have a fee. Activities marked with () are off campus. (MSC) - Montezuma Spiritual Center.</p>				<p>1</p> <p>8:00 - 10:00 Coffee Time 9:00 - FREE Blood Pressure Checks 11:30 - Lunch* 1:00 - Chair Yoga* 2:30 - Dementia Friendly Activities Presentation 6:30 - Cards*</p>	<p>2</p> <p>12:30 - Cards*</p> 	<p>3</p>
<p>4</p> <p>6:30 - Cards*</p>	<p>5</p> <p>Wii Bowling Tournament Begins 10:00 - Chair Yoga* 1:00 - Craft Class - Cinnamon Heart Ornament* 2:00 - Art Class - Pen & Wash*</p>	<p>6</p> <p>9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing</p>	<p>7</p> <p>11:30 - Lunch* 12:30 - Bingo* <u>1:00 - Toenail Clipping*</u></p>	<p>8</p> <p>8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) <u>10:30 - Board Mtg.</u> 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*</p>	<p>9</p> <p>12:30 - Cards*</p>	<p>10</p>
<p>11</p> <p>6:30 - Cards*</p>	<p>12</p> <p>10:00 - Chair Yoga* 12:00 - Pizza & Bingo - provided by Circle of Care</p>	<p>13</p> <p>9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing</p>	<p>14</p> <p>11:30 - Lunch* 12:00 - FREE Blood Pressure Checks 12:30 - Bingo*</p> 	<p>15</p> <p>8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 1:00 - Chair Yoga* <u>4:00 - Alzheimer Support Group</u> 6:30 - Cards*</p>	<p>16</p> <p>12:30 - Cards*</p>	<p>17</p>
<p>18</p> <p>6:30 - Cards*</p>	<p>19</p>  <p>OFFICES CLOSED</p>	<p>20</p> <p>9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class - Video (FREE) 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 12:30 - Ladies Cards* 1:00 - Line Dancing</p>	<p>21</p> <p>11:30 - Lunch* 12:30 - Bingo* <u>12:30 - Bridge*</u></p>	<p>22</p> <p>8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* <u>12:30 - Ladies Cards*</u> 1:00 - Chair Yoga* 6:30 - Cards & Texas Hold 'Em*</p>	<p>23</p> <p>12:30 - Cards*</p>	<p>24</p> <p>9 to 1 - Donations (bldg 6)</p>
<p>25</p> <p>6:30 - Cards*</p>	<p>26</p> <p>10:00 - Chair Yoga* <u>1:00 - Crochet Club</u></p>	<p>27</p> <p>9:00 - 11:30 Pickleball* (MSC) 9:30 - Fitness Class with Kathy* 11:30 - Lunch* 12:00 - 4:00 Donations (bldg 6) <u>12:30 - Bridge*</u> 1:00 - Line Dancing</p>	<p>28</p> <p>11:30 - Lunch* 12:30 - Bingo*</p>	<p>29</p> <p>8:00 - 10:00 Coffee Time 8:30 - 12:00 Donations (bldg 6) 11:30 - Lunch* 1:00 - Chair Yoga* 6:30 - Cards*</p>		



8 Immune Boosting Nutrients

Did you know that 90% of people in the United States have poor diets that are deficient in the needed nutrients for us to be the healthiest we can. When we are deficient in necessary nutrients it leaves our body vulnerable to illness or disease. When our body is weak that leaves our immune system weak too, making it difficult to fight off sickness.

Good News! Making a few shifts to your diet can help you bring in amazing nutrition to boost your overall health! Let's start with bringing some good stuff to our gut! Fixing our digestion/gut health is a great place to focus when deciding to make some nutrition changes. If our gut is inflamed, then the rest of our body suffers too. We could have leaky areas in our gut lining that cause inflammation to spread throughout the body!

Fermented Foods:

Contains probiotics that help bring the good bacteria to the gut.

Sauerkraut, kimchi, fermented pickles (watch ingredients for hidden sugars)

Magnesium:

Keep muscles relaxed and heart and nerves healthy, increases bone strength

Decreases risk of osteoporosis and helps improve sleep

Black Beans, pumpkin seeds, dark chocolate, avocados, chia seeds, cashews, almonds, spinach

Vitamin C:

Powerful antioxidants, supports blood vessels, skin health

Strawberries, citrus fruits, lemon, bell peppers, broccoli, kale

Watch those store bought drinks claiming high Vit C. Could contain loads of unwanted sugar and artificial ingredients.

Zinc:

Wound healing, nerve health

Grass Fed meat, nuts and seeds

Need it daily, body can't store it. Teams up well with Quercetin to help rid cold/flu.

Vitamin D:

Decreases inflammation, improves bone strength/density, improves mood/energy

Egg yolks, tuna, mushrooms, salmon

BEST source is 10 minutes of the first light of the day

If supplementing: Take vitamin D3 with food and with Vit K and Magnesium

Omega Fatty Acids:

Supports Cholesterol formation and brain health

Liver produces cholesterol naturally for what is needed, poor diets make our liver produce more making it a health concern.

Chia seeds, flax seeds, fish, egg yolks, walnuts, fish

Apple Cider Vinegar:

Fermented probiotic and antioxidant, decreases harmful bacteria

Supports blood sugar! Try 1 Tablespoon am and pm and work up to 2 Tablespoon twice a day.

When buying at store look for Apple Cider Vinegar with the “Mother” on the label.

Vitamin K:

Helps our bodies to clot properly, improves overall bone health and heart health

Plant sources (K1): green leafy veggies. Animal Sources (K2): butter, fermented foods, egg yolks

Antibiotics, blood thinners and high doses of Vitamin A and E can interfere with absorption.

I mentioned nuts and seeds many times and want to make sure you don't defeat the purpose of these foods by taking them in with rancid oils. Buy nuts/seeds in the raw form (no oils in ingredient list). Also, pay attention to added sugars on the ingredient labels too. Words like “sugar free”, “low Sugar”, “0g sugar” or even “lite” could mean artificial sugars! These are one of the most horrible things for your gut health! Steer Clear!

Artificial Sugars are : Aspartame, Sucralose, Acesulfame Potassium, High Fructose Corn Syrup

Avoiding buying these ingredients in your foods or limit them greatly!

If supplementing these vitamins above, avoid gummy form because that is a sugar as well. We are sweet enough! Don't need to add more!

I'm here for questions anytime! Just reach out!



Jen Thompson, owner of
Jenfit and Fresh Wellness Café
1100 Commerce Street
Fort Recovery, Ohio 45846
419-852-1093
Jeneration_fitness@yahoo.com



Solar Eclipse 2024

On April 8, 2024, a total solar eclipse will trace a narrow path of totality across 13 states in the USA. Mercer County will experience 4 minutes of total darkness. This experience is rare and spectacular, the last one that took place in Ohio was in 1806. Mercer County is among 35 counties expected to be in the full-totality area. Although this is a great opportunity, there are a few things to keep in mind. Mercer County's population could double on that day with swarms of visitors descending on parks, campgrounds and other areas to view what for many will be a once-in-a-lifetime event, per Mike Robbins, director of the county Emergency Management Agency (EMA). The biggest impact of the total solar eclipse that will fall on a Monday in Mercer County is likely to be heavy traffic and demand for viewing space and accommodations, Robbins said. Hotels, camping sites and restaurants could be filled with out-of-state revelers, he said. For these reasons **MCCoA will be closed on Monday, April 8** and we suggest you limit your activities because of the high volume of traffic. Please plan ahead.



To safely view the eclipse, follow some safety tips from <https://ema.ohio.gov/media-publications/ohio-total-solar-eclipse>. With the exception of the very brief total phase of a total solar eclipse, when the Moon completely blocks the Sun's bright face, **it is not safe to look directly at the Sun** unless you are using eye protection specifically for solar viewing.

Do not view any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the instrument as this will instantly cause severe eye injury. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun. They transmit thousands of times too much sunlight and could damage the eyes.

The Mercer County Library will be handing out free solar viewing glasses in February and March to all Mercer County residents. Call 419-586-4442 or check their web site www.MercerLibrary.org/eclipse for more information.

Lunch at the MCCoA

Lunch is served on Tuesdays, Wednesdays and Thursdays at 11:30 am. The cost is \$4 a meal and must be reserved by noon the day before. Celina Manor provides the meals. Come have lunch with friends and leave the cooking to us!

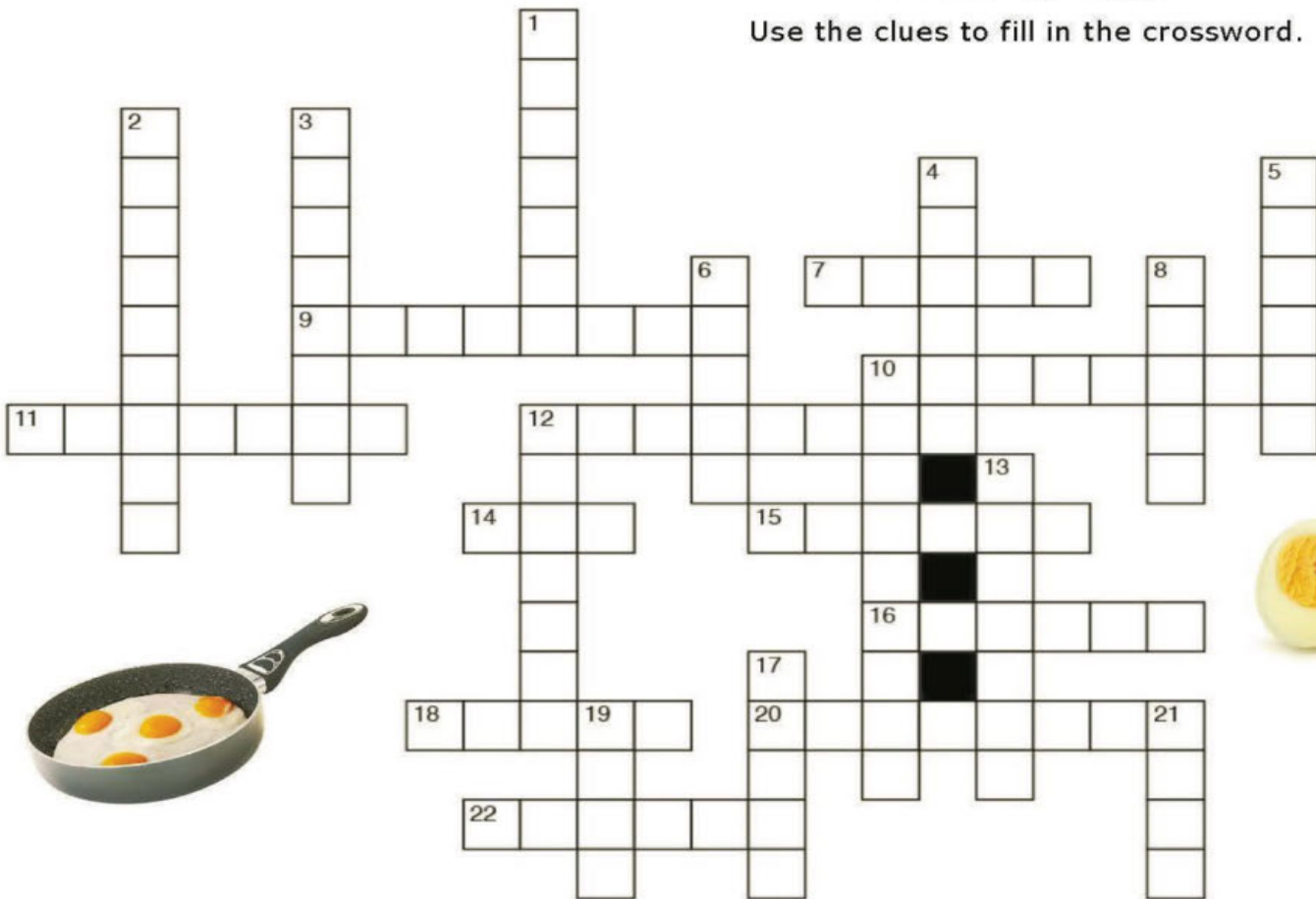
February 2024 Lunch Menu

Tuesday	Wednesday	Thursday
		1 Creamed Chipped Beef Biscuit Seasoned Green Peas Chilled Fruit Cocktail
6 Brat/Bun Creamy Cole Slaw Onion & Ketchup Pumpkin Cookie	7 Garden Vegetable Soup Hot Ham & Swiss/Bun Crackers Chilled Peaches	8 Tater Tot Casserole Tossed Salad/Dressing Salsa & Sour Cream Rice Krispy Bar
13 Beef Cabbage Bake Mashed Potatoes/Bread Scotcheroo	14 Hamburger/Bun Tator Tots Pickle Chip Mandarin Oranges	15 Homemade Pizza Tossed Salad Dressing Pineapple
20 Creamy Potato Soup/Crackers Fried Bologna Sandwich Onion & Pickle Double Chocolate Chip Cookie	21 BBQ Bacon Cheeseburger Bun Seasoned Green Beans Black Cherry Ice Cream	22 Hotdog/Bun Baked Beans Ketchup & Mustard Chilled Mandarin Oranges
27 Mushroom Swiss Burger/Bun Potato Triangles Ketchup & Mustard Fresh Grapes	28 Bratwurst Mashed Potatoes Sauerkraut Snickerdoodle Cookie	29 Beef Stew Biscuit Ice Cream



Making Eggs

Use the clues to fill in the crossword.



ACROSS

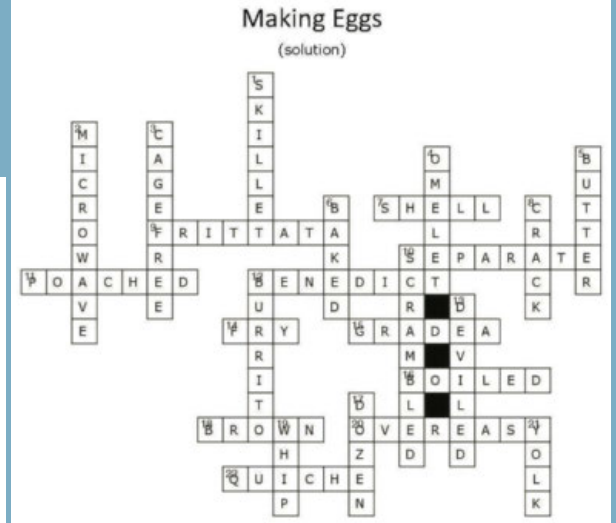
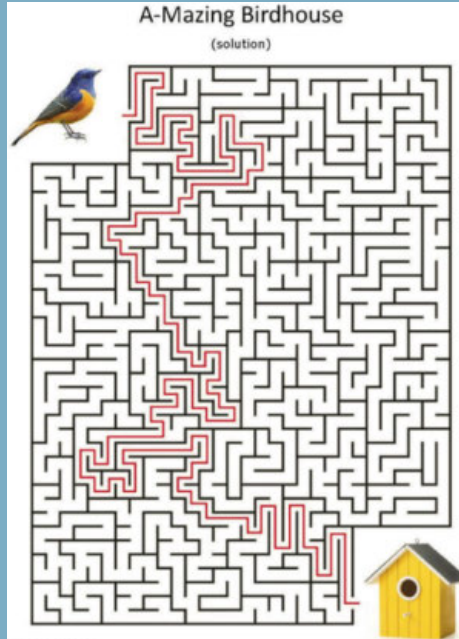
7. Egg casing
9. Italian omelet
10. Take yolks from whites
11. Cooked in hot water; stolen
12. Hollandaise sauce dish, eggs _____
14. Cook in oil
15. High-quality egg rating
16. Hard-_____ eggs
18. White shell alternative
20. Fried egg with soft yolk
22. Savory egg pie

DOWN

1. Frying pan
2. Place to cook an egg quickly
3. Not cooped up
4. Denver or Spanish
5. Frying ingredient
6. Cooked in an oven
8. Split partially
10. Mixed-up, cooked eggs
12. Wrapped dish; breakfast _____
13. Egg appetizer made with mayo
17. Group of 12
19. Beat to a froth
21. Egg center



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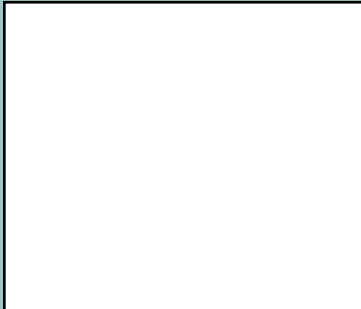
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 mcco@bright.net

 www.mcco.net

 Mon-Fri: 8 am-4:30 pm
Sat & Sun: Closed

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THE MERCER COUNTY COUNCIL ON AGING

is a non-profit organization serving the needs of residents aged 60 and over. We offer a variety of services and programs designed to assist our seniors in maintaining as much independence as possible.

Funding for these services is provided by a county-wide levy, the Mercer County Health Fund, the Mercer County Civic Foundation, the PASSPORT program, Combined Drives, quarterly garage sales, client donations and the hard work of our volunteers.

OFFICE HOURS

Monday through Friday
8:00 am to 4:30 pm

PHONE

419-586-1644

The MCCOA serves clients without regard to race, color, national origin, religion, sex, or disability. We are an equal opportunity employer.

Find us at www.mcco.net



To reduce unnecessary postal costs, please inform us if you are going to be moving, going out of town for an extended period or no longer wish to receive the newsletter. We also have the ability to email newsletters. **Thank you.**